

# ZONE CHAMPIONSHIPS

# 2022



**LANSW - 2022-23 Season  
Inner City Zone Championships Officials**

<b>Zone Co-ordinator</b>	Karen Mitchell
<b>Carnival Manager</b>	Youcef Abdi
<b>Meet Manager</b>	Venessa Reidy
<b>Meet Manager Assistant</b>	Amy Winters
<b>Equipment Officer</b>	George Ockert - Bankstown Sports LAC
<b>Safety Committee</b>	Zone Co & all Referees
<b>Results Manager</b>	Canterbury
<b>Results Runners</b>	Randwick Botany
<b>Timing Gates</b>	Rima Hamdan - Bankstown Sports LAC
<b>Back Up Timing</b>	Eastern Suburbs
<b>Starting Panel</b>	South Eastern - Saturday                      Balmain - Sunday
<b>Track Referee</b>	Jim Legge
<b>Call Room</b>	Inner West
<b>Walks Judge Panel</b>	Tim Batho   Anthony Vecellio   Anne Saville   Sam Murphy
<b>Medals Manager</b>	Canterbury
<b>Referee: Jumps</b>	Andrew Kohlrusch - Saturday    Tim Batho - Sunday
<b>Referee: Throws</b>	Veronica Pinto
<b>Chief: High Jump 1</b>	Inner West
<b>Chief: High Jump 2</b>	Inner West
<b>Chief: Long Jump 1</b>	Canterbury
<b>Chief: Long Jump 2</b>	Randwick Botany
<b>Chief: Triple Jump</b>	Balmain
<b>Chief: Shot Put 1</b>	SELAC
<b>Chief: Shot Put 2</b>	Tiger West
<b>Chief: Javelin</b>	Balmain
<b>Chief: Discus 1</b>	Eastern Suburbs
<b>Chief: Discus 2</b>	Eastern Suburbs
<b>Protests</b>	Relevant referee and zone coordinator
<b>Jury of Appeal</b>	K Mitchell - Zone Co D Richardson - ES D James - BLAC M Rawnesly - IW A Patterson - TW A Winters - Cant M Davoren - SE A Vecellio - RB
<b>First Aid</b>	Inner West

**Live Results** [INNER CITY ZONE CHAMPIONSHIPS - No Results Yet \(littlearets.com\)](https://www.littlearets.com.au/inner-city-zone-championships)

Or, [Little Athletics Live Results \(littlearets.com\)](https://www.littlearets.com.au/) or google 'littlearets'

## ATHLETE AND FAMILY INFORMATION

**WEATHER** Competition is taking place on an all-weather track and will proceed regardless of weather conditions, unless it is deemed unsafe by the safety committee, or in the case of lightening or high temperature/humidity. Please refer to the LANSW website for the relevant policy.

**FOOD** A canteen & BBQ will be operating during Zone and a coffee van will be in attendance

**Athletes must compete in their own age group as per LANSW Rules of Competition. The full rules are at: [Little Athletics NSW \(lansw.com.au\)](http://Little Athletics NSW (lansw.com.au)). An athlete not competing in their age group will be disqualified**

**U7 to U11 may compete in four events. U12 to U17 may compete in six events.**

Anyone competing in more events than their age group allows will be disqualified from the event they did not officially enter. The relay is an additional event and is not included in the four to six events.

**CALLROOM** Track athletes are to attend the callroom located adjacent to the 100m start 15min prior to their scheduled start time. Field athletes go directly to their event site 10mins prior to the scheduled start time to complete any warm-up attempts and run-up measurements.

**LIVE RESULTS** [INNER CITY ZONE CHAMPIONSHIPS - No Results Yet \(littleareults.com\)](http://INNER CITY ZONE CHAMPIONSHIPS - No Results Yet (littleareults.com)) or google 'littleareults'

**SPIKES** can only be worn by athletes in the u11-17 age groups. U11-12s are permitted to wear spikes in events run entirely in lanes as well as the HJ, LJ and TJ. U13-17s can wear spikes in all events.

Spikes are not permitted in the Racewalk.

**SPIKE LENGTHS** Strict maximum length of 7mm for track and 9mm for field events

**BLOCKS** will be supplied and only the venue's blocks may be used. No private blocks are permitted.

The use of blocks is optional but encouraged. NB: Blocks are compulsory at the LANSW State Championships.

**UNIFORM** All athletes must wear their approved Centre singlet/t-shirt/crop top with registration number, age patch and Coles patch affixed as per LANSW rules.

No clothing is permitted to cover the knees in the Racewalk.

**PROTESTS** can only be made by a designated team manager on the official protest form.

A fee of \$50 must accompany the protest form.

The fee will be forfeited if the protest is dismissed and/or deemed frivolous.

**EVENT CLASHES** It is the responsibility of an athlete's family to notify their team manager of any potential event clashes. The manager will then coordinate the athlete between the relevant event areas to prevent any disruption to either competition event.

### HIGH JUMP STARTING HEIGHTS

Age	Boys	Girls
U9	0.85m	0.80m
U10	0.95m	0.90m
U11	1.05m	1.00m
U12	1.15m	1.10m
U13	1.20m	1.15m
U14 /U15	1.25m	1.20m
U17	1.30m	1.25m

### SHOT PUT WEIGHTS

U7	Blue 1 kg
U8	Yellow 1.5 kg
U9; U10; U11; U12	Orange 2 kg
U13; U14; U15G; U17G	White 3 kg
U15B	Red 4 kg
U17B	Green 5 kg

### DISCUS WEIGHTS

U7	350 grams
U8; U9; U10; U11	500 grams
U12; U13	750 grams
U14; U15; U17G	1 kg
U17B	1.5 kg

### JAVELIN WEIGHTS

U11; U12; U13G; U14G	400 grams
U15G & U17G	500 grams
U13B & U14B	600 grams
U15B & U17B	700 grams

**TRACK ATHLETES TO ATTEND CALLROOM 15min PRIOR TO SCHEDULED START TIME**

**Track Program - SATURDAY**

	EVENT	H / F	TIME		EVENT	H / F	TIME
#1	Girls U 7 - 500 Metre Run Pack Start	Final	8:30 AM	#49	Girls U 9 - 100 Metre Sprint	Heats	1:31 PM
#2	Boys U 7 - 500 Metre Run Pack Start	Final	8:40 AM	#50	Boys U 9 - 100 Metre Sprint	Heats	1:38 PM
#3	Girls U 11 - 1500 Metre Run	Final	8:50 AM	#51	Girls U 10 - 100 Metre Sprint	Heats	1:45 PM
#4	Boys U 11 - 1500 Metre Run	Final	9:00 AM	#52	Boys U 10 - 100 Metre Sprint	Heats	1:52 PM
#5	Girls U 12 - 1500 Metre Run	Final	9:10 AM	#53	Girls U 11 - 100 Metre Sprint	Heats	2:02 PM
#6	Boys U 12 - 1500 Metre Run	Final	9:20 AM	#54	Boys U 11 - 100 Metre Sprint	Heats	2:09 PM
#7	Girls U 13 - 200 Metre Hurdles (68cm)	Final	9:30 AM	#55	Girls U 12 - 100 Metre Sprint	Heats	2:16 PM
#8	Boys U 13 - 200 Metre Hurdles (68cm)	Final	9:35 AM	#56	Boys U 12 - 100 Metre Sprint	Heats	2:26 PM
#9	Girls U 14 - 200 Metre Hurdles (76cm)	Final	9:40 AM	#57	Girls U 7 - 50 Metre Sprint	Final	2:35PM
#10	Boys U 14 - 200 Metre Hurdles (76cm)	Final	9:45 AM	#58	Boys U 7 - 50 Metre Sprint	Final	2:38PM
#11	Girls U 15 - 300 Metre Hurdles (76cm)	Final	9:55 AM	#59	Girls U 13 - 400 Metre Sprint	Final	2:45 PM
#12	Girls U 17 - 300 Metre Hurdles (76cm)	Final	9:55 AM	#60	Boys U 13 - 400 Metre Sprint	Final	2:52 PM
#13	Boys U 15 - 300 Metre Hurdles (76cm)	Final	10:00 AM	#61	Girls U 14 - 400 Metre Sprint	Final	2:57 PM
#14	Boys U 17 - 300 Metre Hurdles (76cm)	Final	10:05 AM	#62	Boys U 14 - 400 Metre Sprint	Final	3:02 PM
#15	Girls U 8 - 60 Metre Hurdles (45cm)	Heats	10:15 AM	#63	Girls U 15 - 400 Metre Sprint	Final	3:07 PM
#16	Boys U 8 - 60 Metre Hurdles (45cm)	Heats	10:20 AM	#64	Boys U 15 - 400 Metre Sprint	Final	3:10 PM
#17	Girls U 9 - 60 Metre Hurdles (45cm)	Heats	10:26 AM	#65	Girls U 17 - 400 Metre Sprint	Final	3:15 PM
#18	Boys U 9 - 60 Metre Hurdles (45cm)	Heats	10:33 AM	#66	Boys U 17 - 400 Metre Sprint	Final	3:18 PM
#19	Girls U 10 - 60 Metre Hurdles (60cm)	Heats	10:42 AM	#67	Girls U 8 - 400 Metre Sprint	Final	3:25 PM
#20	Boys U 10 - 60 Metre Hurdles (60cm)	Heats	10:50 AM	#68	Boys U 8 - 400 Metre Sprint	Final	3:29 PM
#21	Girls U 13 - 1500 Metre Run	Final	11:00 AM	#69	Girls U 9 - 400 Metre Sprint	Final	3:34 PM
#22	Boys U 13 - 1500 Metre Run	Final	11:10 AM	#70	Boys U 9 - 400 Metre Sprint	Final	3:41 PM
#23	Girls U 14 - 1500 Metre Run	Final	11:20 AM	#71	Girls U 10 - 400 Metre Sprint	Final	3:48 PM
#24	Boys U 14 - 1500 Metre Run	Final	11:20 AM	#72	Boys U 10 - 400 Metre Sprint	Final	3:53 PM
#25	Girls U 15 - 1500 Metre Run	Final	11:30 AM	#73	Girls U 11 - 400 Metre Sprint	Final	4:02 PM
#26	Boys U 15 - 1500 Metre Run	Final	11:30 AM	#74	Boys U 11 - 400 Metre Sprint	Final	4:10 PM
#27	Girls U 17 - 1500 Metre Run	Final	11:40 AM	#75	Girls U 12 - 400 Metre Sprint	Final	4:18 PM
#28	Boys U 17 - 1500 Metre Run	Final	11:40 AM	#76	Boys U 12 - 400 Metre Sprint	Final	4:28 PM
#29	Girls U 8 - 60 Metre Hurdles (45cm)	Final	11:50 AM	#77	Girls U 7 - 100 Metre Sprint	Final	4:35 PM
#30	Boys U 8 - 60 Metre Hurdles (45cm)	Final	11:52 AM	#78	Boys U 7 - 100 Metre Sprint	Final	4:37PM
#31	Girls U 9 - 60 Metre Hurdles (45cm)	Final	11:54 AM	#79	Girls U 13 - 100 Metre Sprint	Final	4:40 PM
#32	Boys U 9 - 60 Metre Hurdles (45cm)	Final	11:56 AM	#80	Boys U 13 - 100 Metre Sprint	Final	4:43 PM
#33	Girls U 10 - 60 Metre Hurdles (60cm)	Final	12:00 PM	#81	Girls U 14 - 100 Metre Sprint	Final	4:46 PM
#34	Boys U 10 - 60 Metre Hurdles (60cm)	Final	12:02PM	#82	Boys U 14 - 100 Metre Sprint	Final	4:49 PM
#35	Girls U 7 - 50 Metre Sprint	Heats	12:10 PM	#83	Girls U 15 - 100 Metre Sprint	Final	4:52 PM
#36	Boys U 7 - 50 Metre Sprint	Heats	12:15 PM	#84	Girls U 17 - 100 Metre Sprint	Final	4:55 PM
#37	Girls U 13 - 100 Metre Sprint	Heats	12:20 PM	#85	Boys U 17 - 100 Metre Sprint	Final	4:58 PM
#38	Boys U 13 - 100 Metre Sprint	Heats	12:27 PM	#86	Girls U 8 - 100 Metre Sprint	Final	5:01 PM
#39	Girls U 14 - 100 Metre Sprint	Heats	12:32 PM	#87	Boys U 8 - 100 Metre Sprint	Final	5:04 PM
#40	Boys U 14 - 100 Metre Sprint	Heats	12:37 PM	#88	Girls U 9 - 100 Metre Sprint	Final	5:07 PM
#41	Girls U 15 - 100 Metre Sprint	Heats	12:42 PM	#89	Boys U 9 - 100 Metre Sprint	Final	5:10 PM
#42	Boys U 15 - 100 Metre Sprint	FINAL	12:47 PM	#90	Girls U 10 - 100 Metre Sprint	Final	5:13 PM
#43	Girls U 17 - 100 Metre Sprint	Heats	12:50 PM	#91	Boys U 10 - 100 Metre Sprint	Final	5:16 PM
#44	Boys U 17 - 100 Metre Sprint	Heats	12:55 PM	#92	Girls U 11 - 100 Metre Sprint	Final	5:19 PM
#45	Girls U 7 - 100 Metre Sprint	Heats	1:05 PM	#93	Boys U 11 - 100 Metre Sprint	Final	5:22 PM
#46	Boys U 7 - 100 Metre Sprint	Heats	1:12 PM	#94	Girls U 12 - 100 Metre Sprint	Final	5:25 PM
#47	Girls U 8 - 100 Metre Sprint	Heats	1:19 PM	#95	Boys U 12 - 100 Metre Sprint	Final	5:28 PM
#48	Boys U 8 - 100 Metre Sprint	Heats	1:24 PM				

**Times are a guide only . No events will commence before the nominated time.**



# TRACK ATHLETES TO ATTEND CALLROOM 15min PRIOR TO SCHEDULED START TIME

## Track Program - SUNDAY

	EVENT	H / F	TIME		EVENT	H / F	TIME	
#146	Girls U 13 - 3000 Metre Run	Final	8:00am		#204	Girls U 12 - 200 Metre Sprint	Heats	1:11pm
#147	Boys U 13 - 3000 Metre Run	Final	8:00am		#205	Boys U 12 - 200 Metre Sprint	Heats	1:23pm
#148	Girls U 14 - 3000 Metre Run	Final	8:15am		#206	Girls U 13 - 200 Metre Sprint	Heats	1:30pm
#149	Boys U 14 - 3000 Metre Run	Final	8:15am		#207	Boys U 13 - 200 Metre Sprint	Heats	1:40pm
#150	Girls U 15 - 3000 Metre Run	Final	8:15am		#208	Girls U 7 - 200 Metre Sprint	Heats	1:45pm
#151	Boys U 15 - 3000 Metre Run	Final	8:15am		#209	Boys U 7 - 200 Metre Sprint	Heats	1:50pm
#152	Girls U 17 - 3000 Metre Run	Final	8:15am		#210	Girls U 8 - 200 Metre Sprint	Heats	1:55pm
#153	Boys U 17 - 3000 Metre Run	Final	8:15am		#211	Boys U 8 - 200 Metre Sprint	Heats	2:00pm
#154	Girls U 11 - 80 Metre Hurdles (60cm)	Heats	8:30 AM		#212	Girls U 9 - 200 Metre Sprint	Heats	2:07pm
#155	Boys U 11 - 80 Metre Hurdles (60cm)	Heats	8:35 AM		#213	Boys U 9 - 200 Metre Sprint	Heats	2:15pm
#156	Girls U 12 - 80 Metre Hurdles (68cm)	Heats	8:40 AM		#214	Girls U 10 - 200 Metre Sprint	Heats	2:25pm
#157	Boys U 12 - 80 Metre Hurdles (68cm)	Heats	8:48 AM		#215	Boys U 10 - 200 Metre Sprint	Heats	2:32pm
#158	Girls U 13 - 80 Metre Hurdles (76cm)	Heats	8:53 AM		#216	Girls U 14 - 200 Metre Sprint	Heats	2:40pm
#159	Boys U 13 - 80 Metre Hurdles (76cm)	Heats	8:58 AM		#217	Boys U 14 - 200 Metre Sprint	Heats	2:45pm
#160	Girls U 14 - 80 Metre Hurdles (76cm)	Heats	9:03 AM		#218	Girls U 15 - 200 Metre Sprint	Heats	2:50pm
#161	Boys U 14 - 90 Metre Hurdles (76cm)	Final	9:12 AM		#219	Boys U 15 - 200 Metre Sprint	Final	2:55pm
#162	Girls U 15 - 90 Metre Hurdles (76cm)	Final	9:12 AM		#220	Girls U 17 - 200 Metre Sprint	Heats	2:58pm
#163	Boys U 15 - 100 Metre Hurdles (76cm)	Final	9:20 AM		#221	Boys U 17 - 200 Metre Sprint	Heats	2:58pm
#164	Girls U 17 - 100 Metre Hurdles (76cm)	Final	9:23 AM		#222	Girls U 7 - 70 Metre Sprint	Final	3:05pm
#165	Boys U 17 - 110 Metre Hurdles (76cm)	Final	9:30 AM		#223	Boys U 7 - 70 Metre Sprint	Final	3:08pm
#166	Girls U 11 - 1100 Metre Walk	Final	9:35 AM		#224	Boys U 8 - 70 Metre Sprint	Final	3:13pm
#167	Boys U 11 - 1100 Metre Walk	Final	9:35 AM		#225	Girls U 9 - 70 Metre Sprint	Final	3:15pm
#168	Girls U 10 - 1100 Metre Walk	Final	9:45 AM		#226	Boys U 9 - 70 Metre Sprint	Final	3:17pm
#169	Boys U 10 - 1100 Metre Walk	Final	9:45 AM		#227	Girls U 10 - 70 Metre Sprint	Final	3:19pm
#170	Girls U 12 - 1500 Metre Walk	Final	9:55am		#228	Boys U 10 - 70 Metre Sprint	Final	3:21pm
#171	Boys U 12 - 1500 Metre Walk	Final	9:55am		#229	Girls U 11 - 800 Metre Run	Final	3:30pm
#172	Girls U 13 - 1500 Metre Walk	Final	10:10 AM		#230	Boys U 11 - 800 Metre Run	Final	3:35pm
#173	Boys U 13 - 1500 Metre Walk	Final	10:10 AM		#231	Girls U 12 - 800 Metre Run	Final	3:40pm
#174	Girls U 14 - 1500 Metre Walk	Final	10:10 AM		#232	Boys U 12 - 800 Metre Run	Final	3:45pm
#175	Boys U 14 - 1500 Metre Walk	Final	10:10 AM		#233	Girls U 13 - 800 Metre Run	Final	3:50pm
#176	Girls U 15 - 1500 Metre Walk	Final	10:10 AM		#234	Boys U 13 - 800 Metre Run	Final	3:55pm
#177	Boys U 15 - 1500 Metre Walk	Final	10:10 AM		#235	Girls U 14 - 800 Metre Run	Final	4:00pm
#178	Girls U 17 - 1500 Metre Walk	Final	10:10 AM		#236	Boys U 14 - 800 Metre Run	Final	4:05pm
#179	Boys U 17 - 1500 Metre Walk	Final	10:10 AM		#237	Girls U 15 - 800 Metre Run	Final	4:10pm
#180	Girls U 9 - 700 Metre Walk	Final	10:25 AM		#238	Girls U 17 - 800 Metre Run	Final	4:10pm
#181	Boys U 9 - 700 Metre Walk	Final	10:25 AM		#239	Boys U 15 - 800 Metre Run	Final	4:15pm
#182	Girls U 8 - 700 Metre Run Pack Start	Final	10:35 AM		#240	Boys U 17 - 800 Metre Run	Final	4:20pm
#183	Boys U 8 - 700 Metre Run Pack Start	Final	10:40 AM		#241	Girls U 10 - 800 Metre Run	Final	4:25pm
#184	Girls U 11 - 80 Metre Hurdles (60cm)	Final	10:50 AM		#242	Boys U 10 - 800 Metre Run	Final	4:30pm
#185	Boys U 11 - 80 Metre Hurdles (60cm)	Final	10:53 AM		#243	Girls U 9 - 800 Metre Run	Final	4:35pm
#186	Girls U 12 - 80 Metre Hurdles (68cm)	Final	10:58 AM		#244	Boys U 9 - 800 Metre Run	Final	4:40pm
#187	Boys U 12 - 80 Metre Hurdles (68cm)	Final	11:00 AM		#245	Girls U 7 - 200 Metre Sprint	Final	4:50pm
#188	Girls U 13 - 80 Metre Hurdles (76cm)	Final	11:05 AM		#246	Boys U 7 - 200 Metre Sprint	Final	4:53pm
#189	Boys U 13 - 80 Metre Hurdles (76cm)	Final	11:08 AM		#247	Girls U 8 - 200 Metre Sprint	Final	4:56pm
#190	Girls U 14 - 80 Metre Hurdles (76cm)	Final	11:11 AM		#248	Boys U 8 - 200 Metre Sprint	Final	4:59pm
	<b>MARCH PAST</b>		<b>11:15am</b>		#249	Girls U 9 - 200 Metre Sprint	Final	5:02pm
#191	Girls U 9-12 4x100 Metre Relay (Jnr)	Final	11:30am		#250	Boys U 9 - 200 Metre Sprint	Final	5:05pm
#192	Boys U 9-12 4x100 Metre Relay (Jnr)	Final	11:35am		#251	Girls U 10 - 200 Metre Sprint	Final	5:08pm
#193	Girls U 12-17 4x100 Metre Relay (Snr)	Final	11:40am		#252	Boys U 10 - 200 Metre Sprint	Final	5:11pm
#194	Boys U 12-17 4x100 Metre Relay (Snr)	Final	11:45am		#253	Girls U 11 - 200 Metre Sprint	Final	5:14pm
#195	Girls U 7 - 70 Metre Sprint	Heats	11:55am		#254	Boys U 11 - 200 Metre Sprint	Final	5:17pm
#196	Boys U 7 - 70 Metre Sprint	Heats	12:03pm		#255	Girls U 12 - 200 Metre Sprint	Final	5:20pm
#197	Girls U 8 - 70 Metre Sprint	Final	12:08pm		#256	Boys U 12 - 200 Metre Sprint	Final	5:23pm
#198	Boys U 8 - 70 Metre Sprint	Heats	12:10pm		#257	Girls U 13 - 200 Metre Sprint	Final	5:26pm
#199	Girls U 9 - 70 Metre Sprint	Heats	12:18pm		#258	Boys U 13 - 200 Metre Sprint	Final	5:29pm
#200	Boys U 9 - 70 Metre Sprint	Heats	12:26pm		#259	Girls U 14 - 200 Metre Sprint	Final	5:32pm
#201	Girls U 10 - 70 Metre Sprint	Heats	12:34pm		#260	Boys U 14 - 200 Metre Sprint	Final	5:35pm
#202	Boys U 10 - 70 Metre Sprint	Heats	12:39pm		#261	Girls U 15 - 200 Metre Sprint	Final	5:38pm
#202	Girls U 11 - 200 Metre Sprint	Heats	12:55pm		#262	Girls U 17 - 200 Metre Sprint	Final	5:40pm
#203	Boys U 11 - 200 Metre Sprint	Heats	1:03pm		#263	Boys U 17 - 200 Metre Sprint	Final	5:42pm

**Times are a guide ONLY. No events will commence before the nominated time.**

Saturday 10th December 2022					
Event	Age		Time	Number	Area
High Jump	9	M	8:30 AM	#96	2
High Jump	12	M	8:30 AM	#97	1
High Jump	9	F	9:45 AM	#98	2
High Jump	15	F	10:00 AM	#99	1
High Jump	17	F	10:00 AM	#100	1
High Jump	11	F	11:00 AM	#101	2
High Jump	13	F	11:00 AM	#102	1
High Jump	14	M	12:15 PM	#103	1
High Jump	17	M	12:15 PM	#104	1
Event	Age		Time	Number	Area
Shot Put	11	F	8:30 AM	#105	1
Shot Put	15	M	8:30 AM	#106	2
Shot Put	17	M	8:30 AM	#107	2
Shot Put	11	M	9:45 AM	#108	2
Shot Put	8	M	9:45 AM	#109	1
Shot Put	9	M	11:00 AM	#110	2
Shot Put	7	M	11:00 AM	#111	1
Shot Put	9	F	11:45 AM	#112	2
Shot Put	13	F	12:00 PM	#113	1
Event	Age		Time	Number	Area
Discus	14	M	8:30 AM	#114	1
Discus	10	F	8:30 AM	#115	3
Discus	15	F	9:30AM	#116	1
Discus	17	F	9:30 AM	#117	1
Discus	12	F	10:30AM	#118	1
Discus	7	F	10:30AM	#119	2
Discus	8	F	10:30AM	#120	2
Discus	10	M	12:00PM	#121	1
Discus	12	M	1:30 PM	#122	1
Discus	13	M	3:00 PM	#123	1
Event	Age		Time	Number	Area
Long Jump	13	F	8:30 AM	#124	1
Long Jump	10	M	8:30 AM	#125	2
Long Jump	15	M	9:45 AM	#126	1
Long Jump	17	M	9:45 AM	#127	1
Long Jump	12	F	10:00 AM	#128	2
Long Jump	12	M	11:15 AM	#129	1
Long Jump	8	F	12:00PM	#130	2
Long Jump	10	F	12:30 PM	#131	1
Long Jump	8	M	12:45PM	#132	2
Long Jump	14	F	2:00 PM	#133	1
Event	Age		Time	Number	
Javelin	13	M	10:20 AM	#134	
Javelin	14	F	11:20 AM	#135	
Javelin	12	F	12:00 PM	#136	
Javelin	15	M	1:30 PM	#137	
Javelin	17	M	1:30 PM	#138	
Javelin	11	F	3:00 PM	#139	
Event	Age		Time	Number	
Triple Jump	13	M	8:30 AM	#140	
Triple Jump	14	M	10:00 AM	#141	
Triple Jump	15	F	11:00 AM	#142	
Triple Jump	17	F	11:00 AM	#143	
Triple Jump	11	M	12:30 PM	#144	
Triple Jump	11	F	1:45 PM	#145	

Sunday 11th December 2022					
Event	Age		Time	Number	Area
High Jump	11	M	8:30 AM	#264	1
High Jump	12	F	8:30 AM	#265	2
High Jump	10	M	9:45 AM	#266	2
High Jump	13	M	10:00 AM	#267	1
High Jump	14	F	11:00 AM	#268	1
High Jump	15	M	11:00 PM	#269	1
High Jump	10	F	11:15 AM	#270	2
Event	Age		Time	Number	Area
Shot Put	10	F	8:30 AM	#271	1
Shot Put	14	M	8:30 AM	#272	2
Shot Put	12	M	9:30 AM	#273	1
Shot Put	17	F	9:30 AM	#274	2
Shot Put	12	F	10:15 AM	#275	2
Shot Put	7	F	10:45 AM	#276	1
Shot Put	8	F	10:45AM	#277	1
Shot Put	14	F	11:45PM	#278	2
Shot Put	15	F	11:45PM	#279	2
Shot Put	10	M	12:00 PM	#280	1
Shot Put	13	M	12:45 PM	#281	2
Event	Age		Time	Number	Area
Discus	13	F	8:30 AM	#282	1
Discus	8	M	8:30 AM	#283	2
Discus	15	M	9:45 AM	#284	1
Discus	17	M	9:45 AM	#285	1
Discus	7	M	10:00 AM	#286	2
Discus	9	M	10:45 AM	#287	2
Discus	11	F	11:00AM	#288	1
Discus	11	M	12:30 PM	#289	1
Discus	9	F	1:00 PM	#290	2
Discus	14	F	2:00PM	#291	1
Event	Age		Time	Number	Area
Long Jump	9	M	8:30 AM	#292	2
Long Jump	15	F	8:30 AM	#293	1
Long Jump	17	F	8:30 AM	#294	1
Long Jump	9	F	10:00 AM	#295	1
Long Jump	11	M	10:00 AM	#296	2
Long Jump	14	M	12:00 PM	#297	1
Long Jump	11	F	12:00 PM	#298	2
Long Jump	13	M	1:00 PM	#299	1
Long Jump	7	F	1:30 PM	#300	2
Long Jump	7	M	2:15 PM	#301	1
Event	Age		Time	Number	
Javelin	13	F	10:30 AM	#302	
Javelin	12	M	11:30 AM	#303	
Javelin	14	M	12:45 PM	#304	
Javelin	15	F	1:30 PM	#305	
Javelin	17	F	1:30 PM	#305	
Javelin	11	M	2:30 PM	#307	
Event	Age		Time	Number	
Triple Jump	14	F	8:30 AM	#308	
Triple Jump	15	M	9:45 AM	#309	
Triple Jump	17	M	9:45 AM	#310	
Triple Jump	12	F	11:00 AM	#311	
Triple Jump	13	F	12:30 PM	#312	
Triple Jump	12	M	2:00 PM	#313	

Times are a guide only. No events will commence before the nominated time.





GENERAL  
CARPARK

TRACK  
CALLROOM

SHOT  
PUT 1

DISCUS 2

DISCUS 3

JAVELIN

SHOT  
PUT 2

The Crest Athletics Track

ENTRY

FIRST  
AID

HIGH  
JUMP 1

DISCUS 1

CANTEEN

HIGH  
JUMP 2

Bankstown  
Little Athletics

LONG  
JUMP 1

TRIPLE  
JUMP

LONG  
JUMP 2





EVENT	7	8	9	10	11	12	13	14	15	17
50m	8.57s 2016 A Garrett RB									
70m	11.54s 1987 A Yarrow RB	10.74s 1992 J. Dholi RB	10.33s 2021 E Costa RB	10.19s 2019 R Muldowney ES						
100m	16.04s 2009 Markworth-Scott ES	15.24s 1998 S. Vickers CAN	14.24s 1977 P Provenzano RB	13.84s 2009 A Kyriacou RB	13.30s 2013 T Koula RB	12.54s 1980 P Provenzano RB	12.43s 2019 B Blair BAL	11.91s 2021 O Facer IW	11.22s 2021 B Blair BAL	11.20s 2016 S Moir SE
200m	33.84s 2006 A Kyriacou RB	31.94s 1985 G Lester RB	29.94s 1977 S Riordan RB	28.84s 1977 D Misson RB	27.84s 2010 A Kyriacou RB	26.40s 2013 J Roach RB	24.80s 2013 C Ius IW	24.37s 2019 E Vukovic ES	23.01s 2021 B Blair BAL	22.31s 2015 H Whitehead ES
400m		1-13.74s 2007 L Trowell RB	1-08.64s 1991 H Firkin SE	1-06.14s 2010 S Moir SE	1-01.84s 2010 L Trowell RB	1-00.80s M Nimmo BAL 2003 J Roach RB 2013	58.21s 2019 L Schouten BAL	53.44s 2002 T Garrett RB	52.84s 2005 P Want RB	51.27s 2021 I Balic IW
Pack Start	500m 1-41.80s 1989 J Leavens RB	700m 2-23.03s 2016 S Mishkarudny IW								
800m			2-39.46s 2021 A Miller BAL	2-25.95s 2016 J O'Connell BAL	2-20.02s 2017 J O'Connell BAL	2-14.18ss 2018 J O'Connell BAL	2-11.82 2019 L Schouten BAL	2-08.30s 1986 A Hunt RB	2-02.22s 2016 A Beer BAL	1-56.84s 2018 E Brouw BAL
1500m				4-57.75s 2016 J O'Connell BAL	4-45.14s 2017 J O'Connell BAL	4-31.20s 2018 J O'Connell BAL	4-30.24 2019 J O'Connell BAL	4-30.20s 1994 M Durante RB	4-14.10s 2016 A Beer BAL	4-05.26s 2021 J Meaker CAN
3000m							10-03.38s 2018 L Gillard BAL	9-51.49s 2015 A Beer BAL	9-16.12s 2016 A Beer BAL	8-57.57s 2021 J Meaker CAN
Walk			700m 3-45.00s 2009 L Thompson RB	1100m 5-51.30s 2010 L Thompson RB	1100m 5-49.62s 2018 S Gonzalez BAL	1500m 7-25.20s 2013 S Teo RB	1500m 7-24.40s 2010 T Doyle RB	1500m 7-25.10s 2011 R Murphy SE	1500m 7-14.10s 2006 S Ninyo RB	1500m 6-35.60s 2013 T Doyle RB
60m H										
80-110										
Hurd					80mH 13.72 2021 H Todd ES	80mH 13.77 2021 R Muldowney ES	80mH 12.44s 1996 P Saville RB	90mH 12.99s 2016 J Park BAL	100mH 13.38s 2021 B Blair BAL	110mH 14.13s 2016 B Swann BAL
200mH							27.49s 2019 B Blair BAL	26.94s 2003 A Elzbaidieh RB	41.87s 2016 F Long RB	37.63s 2016 S Moir SE
300mH							5.63m 1997 R Machmud RB	6.08m 1996 S Jancenko BAL	6.42m 1997 S Jancenko BAL	6.83m 2013 I Metcalf RB
Long J	3.57m 2014 L Cleverley ES	3.89m 2011 H Lester RB	4.21m 1998 P Betham CAN	4.98m 1978 M Sadgrove RB	4.91m 2013 R Batho BAL	5.39m 2015 R Pane TW	5.63m 1997 R Machmud RB	6.08m 1996 S Jancenko BAL	6.42m 1997 S Jancenko BAL	6.83m 2013 I Metcalf RB
High J			1.30m 2004 A Hookey RB	1.41m 2006 A Kellaway IW	1.46m 2008 I Metcalf RB	1.52m 2014 J Titmarsh IW	1.78m 1988 C Hardy ES	1.80m 1989 C Hardy ES	1.87m 2018 W Moir SE	2.00m 2013 I Metcalf RB
Triple J										
Shot	8.82m 1990 D Dossantos RB	8.80m 1994 I Ujukovac CAN	9.39m 2021 L Chappell RB	11.25m 2004 G Lolo RB	13.78m 2010 T Traukamo RB	10.90m 2kg 14.13m 3kg A Heads 2018 CAN K Vaingalo 2003 RB	16.41m 2004 K Vaingalo RB	16.58m 1987 C Mastoris RB	18.04m 2001 C Leaeno CAN	15.12m 2016 L Thompson RB
Discus	27.11m 2009 P Martin RB	26.09m 1999 K. Robinson RB	32.25m 2021 L Chappell RB	40.22m 1977 J Cann RB	34.44m 2006 Slane SELAC 38.09m 2018 E Pallister IW	42.48m 2011 T Traukamo RB	36.49m LKalyvas RB 46.56m P Martin RB	53.37m 2006 B Talakai RB	61.99m 2007 B Talakai RB	50.93m 2016 L Thompson RB
Javelin					27.83m 2019 A Lang ES	34.29m 2016 J Greaves CAN	38.60m 1998 A Camilleri BAL	45.31m 2014 J Smith RB	54.64m 2000 A Camilleri BAL	58.16m 2021 J Ralph SE
Relays		Junior 4x100m	56.04s 2018 Balmain		Senior 4x100m	46.89s 2016 Balmain				